

# BREAKFAST WITH US

Whether it's a proper brew from B Corp Certified Union Coffee, a quick bap with Jimmy Butler's Blythburgh sausages and bacon, or a Benedict made with free-range eggs, you'll find producers who share our ethics and care about the good stuff just as much as we do.

## LIVENERS

Champagne Mimosa 9.00 | Bloody Mary 9.95 | Espresso Martini 10.95

## BAKES & BOWLS

Croissant (v)   Danish Pastry (v)   Sourdough Toast (v) <i>Tiptree Jam, Marmalade, Marmite or Organic Peanut Butter</i>	4.25
Toasted Granola – <i>Banana, Greek Yoghurt &amp; Honey (v) or Coconut Yoghurt, Berry Compote &amp; Pecans (pb)</i>	6.00

## THE CLASSICS

Buttermilk Pancakes <i>Maple Syrup &amp; Crispy Bacon or Blueberries &amp; Crème Fraîche (v)</i>	10.25 / 9.75
Eggs Benedict – Roast Ham, Poached Eggs, English Muffin & Hollandaise	11.50
Blythburgh Sausage or Bacon Bap	6.95
Wild Mushrooms & Poached Eggs, Sourdough (v)	9.75
Shakshuka – Spiced Tomatoes & Peppers, Baked Eggs, Spinach & Feta (v)	11.75
Full English – Blythburgh Sausage & Bacon, Clonakilty Black Pudding, Poached Eggs, Mushroom, Tomatoes, Beans & Sourdough	14.75
Veggie Full English – Vegan Haggis, Poached Eggs, Mushrooms & Tomatoes, Spinach, Beans & Sourdough (v)	13.25
Smashed Avocado & Poached Eggs, Spring Onion, Chilli, Sourdough (v)	10.75
Chapel & Swan Smoked Salmon & Scrambled Eggs, Sourdough	10.75

## MAKE IT YOUR OWN

Blythburgh Sausage 2.95 or Bacon 3.50 | Free-range Egg (v) 1.95 | Hash Browns (v) 2.75  
Smashed Avocado (pb) 3.25 | Chapel & Swan Smoked Salmon 4.50 | Roast Tomatoes or Flat Mushrooms (v) 2.50  
Chorizo 3.00 | Halloumi (v) 2.50 | Clonakilty Black Pudding 2.50 | Chips (pb) 5.50

## UNION HAND-ROASTED

Double Espresso	3.50
Flat White, Cappuccino, Latte	3.95
Americano, Cortado	3.75
Hot Chocolate, Luxury Hot Chocolate	4.00   4.50



## TEA

Taylors Yorkshire Tea	3.50
Fresh Mint Tea	3.00
Twinings Tea	3.50
<i>Earl Grey, Green Tea, Peppermint, Camomile, Lemon &amp; Ginger</i>	

## JUICES & SMOOTHIES

Fresh Orange Juice	3.50
Eager Apple or Cranberry Juice	3.50
Big Tom Virgin Bloody Mary	6.00
Mockingbird Raw Greens – <i>Kiwi, Pear, Kale, Spinach, Broccoli, Apple + Vitamin C</i>	4.75
Mockingbird Raw Defence – <i>Mango, Passion Fruit, Acerola Cherry, Carrot, Orange &amp; Celery</i>	4.75
Mockingbird Raw Boost – <i>Strawberry, Blackcurrant, Açai Berry, Beetroot, Spinach, Kale + Vitamins B6 &amp; C</i>	4.75

(v) Vegetarian | (pb) Plant-based | Gluten-free Menu Available | Please note — some items may be cooked in multi-purpose fryers.

Allergens: If you'd like more information about a dish, please ask a member of our team. As our dishes are prepared in busy kitchens that handle all allergens, we cannot guarantee that any dish is completely free from allergens. A discretionary 10% service charge will be added to your bill.

# SPRING WITH US

As the light lingers and the warmth (hopefully) returns, we can once again enjoy a relaxing drink outdoors. Celebrate the season with the best of our spring menu and specials board. Gather your friends and savour the good stuff.

## STARTERS

Garlic & Paprika King Prawns, Roasted Tomatoes, Sourdough	11.50
Today's Soup, Ciabatta – See Blackboard ( <i>pb</i> )	8.25
Devon Crab Cake, Emerald Spinach Sauce, Tomato, Red Onion & Coriander	11.00
Grilled Aubergine, Shitake XO Sauce, Tomato Concassé, Pickled Shallots & Peanuts ( <i>pb</i> )	8.75
Braised Beef Cheek & Mustard Croquettes, Truffle Mayonnaise	9.50

## NIBBLES *For Snacks or Sharing*

Warm Sourdough & Salted Butter ( <i>v</i> )	6.25
Halloumi Fries, Honey & Chilli Dip ( <i>v</i> )	8.00
Gochujang Chicken Wings, Spring Onion & Sesame Seeds	7.50
Tempura Courgette Fries, Truffle Cheese Dip ( <i>v</i> )	7.25
Whole Baked Camembert, Garlic & Thyme, Chutney, Warm Ciabatta ( <i>v</i> )	16.50

## MAINS

Cumberland Sausages & Buttered Mash, Onion Gravy	17.50	Free-range Chicken Milanese, Fries, Garlic Butter & Green Salad	22.00
Daily Market Fish - See Blackboard		Battered Hake & Chips, Peas, Tartare Sauce	19.25
Aubrey's Steak Burger, Cheese, Pickles & Fries	18.50	Sri Lankan Sweet Potato, Spinach & Chickpea Curry, Coconut Sambal, Basmati Rice & Chapati ( <i>pb</i> )	16.75
Free-range Treacle-glazed Pork Hock, Creamed Leeks & Kale	22.25	<i>Enjoy 28 Day Dry-aged Aubrey Allen Steak, served with Chips &amp; Watercress</i>	
14-hour Braised Beef & Ale Pie, Buttered Mash, Greens & Gravy	19.25	8oz Rump Cap	26.50
Artichokes, Charred Leeks & Quinoa Salad, Edamame, Pickled Mooli, Cashew & Herb Dressing ( <i>pb</i> )	15.50	12oz Bone-In Sirloin	33.00
+ Crispy Beef 4.00		+ Béarnaise ( <i>v</i> ) or Peppercorn	3.00
+ Halloumi Croutons ( <i>v</i> ) 3.75			

## LUNCH BOX

*Served until 5pm*

Salmon & Smoked Haddock Fishcake, Crushed Peas, Poached Egg & Tartare Hollandaise	15.50
Spiced Roasted Squash, Couscous, Chickpeas, Pickled Red Onion & Goat's Cheese ( <i>v</i> )	14.75
Fish Goujon Bap, Butter Leaf & Tartare Sauce	10.75
Guinness & Cheddar Rarebit, Onion Gravy ( <i>v</i> )	11.00
+ Chips or Soup	4.00

## SIDES

Chips or Fries ( <i>pb</i> )	5.50
+ Truffle & Parmesan 1.50	
Roasted Squash & Couscous Salad ( <i>v</i> )	5.50
Buttered Mash ( <i>v</i> )	5.25
Seasonal Greens, Garlic Butter ( <i>v</i> )	5.25
Mac & Cheese ( <i>v</i> )	5.50
+ Truffle ( <i>v</i> ) 1.00	
Green Salad, Toasted Seeds, Chardonnay Vinaigrette ( <i>pb</i> )	5.25
Onion Rings ( <i>pb</i> )	5.25

(*v*) Vegetarian | (*pb*) Plant-based | Gluten-free Menu Available | Please note — some items may be cooked in multi-purpose fryers.

**Allergens:** If you'd like more information about a dish, please ask a member of our team. As our dishes are prepared in busy kitchens that handle all allergens, we cannot guarantee that any dish is completely free from allergens. A 25p contribution from the superfood salad goes to **The Bigger Peach**, supporting local community causes. A discretionary 10% service charge will be added to your bill.

# SPRING GLUTEN-FREE

As the light lingers and the warmth (hopefully) returns, we can once again enjoy a relaxing drink outdoors. Celebrate the season with the best of our spring menu and specials board. Gather your friends and savour the good stuff.

## NIBBLES

- Gochujang Chicken Wings, Spring Onion & Sesame Seeds 7.50
- Whole Baked Camembert, Garlic & Thyme, Chutney, Gluten-free Toast (v) 16.50

## STARTERS

- Garlic & Paprika King Prawns, Roasted Tomatoes, Gluten-free Toast 11.50
- Today's Soup, Gluten-free Toast - See Blackboard (pb) 8.25
- Grilled Aubergine, Shitake XO Sauce, Tomato Concassé, Pickled Shallots & Peanuts (pb) 8.75

## MAINS

- Cumberland Sausages & Buttered Mash, Onion Gravy 17.50
- Daily Market Fish - See Blackboard
- Free-range Treacle-glazed Pork Hock, Creamed Leeks & Kale 22.25
- Artichokes, Charred Leeks & Quinoa Salad, Edamame, Pickled Mooli, Cashew & Herb Dressing (pb) 15.50  
+ Goat's Cheese (v) 3.75
- Enjoy 28 Day Dry-aged Aubrey Allen Steak, New Potatoes & Watercress*
- 8oz Rump Cap 26.50
- 12oz Bone-In Sirloin 33.00  
+ Béarnaise (v) or Peppercorn Sauce 3.00

## SIDES

- Seasonal Greens, Garlic Butter (v) 5.25
- Buttered New Potatoes (v) 5.25
- Green Salad, Toasted Seeds, Chardonnay Vinaigrette (pb) 5.25
- Buttered Mash (v) 5.25

## PUDS & CHEESE

- Affogato - Vanilla Ice Cream & Union Espresso (pb) 5.95
- Jude's Ice Cream & Sorbet (v) 7.50  
*Choose Three: Madagascan Vanilla, Strawberry or Chocolate Ice Cream, Raspberry or Lemon Sorbet*
- British Cheese - Served ripe & ready with Chutney, Apple & Gluten-free Toast
- Per Smidgen of Cheese 3.75  
*Baron Bigod (v), Tor Goat's (v), Yarlington (v), Isle of Mull Cheddar, Cornish Blue (v)*

(v) Vegetarian | (pb) Plant-based | Please note — some items may be cooked in multi-purpose fryers.

**Allergens:** If you'd like more information about a dish, please ask a member of our team. As our dishes are prepared in busy kitchens that handle all allergens, we cannot guarantee that any dish is completely free from allergens. A 25p contribution from the superfood salad goes to **The Bigger Peach**, supporting local community causes. A discretionary 10% service charge will be added to your bill.

# PUDS & CHEESE

Round off your meal with a sweet or cheesy note. Can we tempt you?

## PUDDINGS

Chocolate Fondant, Cherry Compote & Chantilly Cream (v)	9.50
Raspberry Trifle, Pedro Ximénez Sponge, Crumble (pb)	8.50
Caramelised Banana & Salted Caramel Cheesecake, Toasted Walnuts (v)	8.75
Sticky Toffee Pudding & Vanilla Ice Cream (v)	9.00
Mini Chocolate Brownie & your choice of Tea or Coffee (v)	6.95
Affogato - Vanilla Ice Cream & Union Espresso (pb)	5.95
Jude's Ice Cream & Sorbet (v)	7.50
<i>Choose Three: Madagascan Vanilla, Strawberry, Chocolate or Caramel Cookie Dough Brownie Ice Cream, Raspberry or Lemon Sorbet</i>	

## DESSERT WINE

Sauternes Les Garonnelles 125ml	11.70
NV Pedro Ximenez, Bella Luna 75ml	7.50
Muscat de Saint-Jean-de-Minervois 125ml	7.60

## PORTS

Quinta do Crasto Vintage Port 75ml	10.70
Graham's Late Bottled Vintage Port 75ml	5.60

(v) Vegetarian | (pb) Plant-based | Gluten-free Menu Available

Please note — some items may be cooked in multi-purpose fryers.

**Allergens:** If you'd like more information about a dish, please ask a member of our team. As our dishes are prepared in busy kitchens that handle all allergens, we cannot guarantee that any dish is completely free from allergens. A discretionary 10% service charge will be added to your bill.

# BRITISH CHEESE

*Served ripe & ready with Chutney, Apple & Peter's Yard Crackers.*

Per Smidgen of Cheese 3.75

## **Baron Bigod**, Suffolk (v)

A silky, oozing Brie-style cheese with citrus notes beneath a mushroomy rind. Handmade in small batches, it's a rare British example of true cow-to-cheese production — crafted entirely on the same farm.

## **Tor Goat's**, Somerset (v)

Provides the classic goat's cheese tang with lemony brightness and a subtle peppery hint from its ash-dusted rind.

## **Cornish Blue**, Cornwall (v)

An award-winning British blue cheese, buttery with gentle blue notes.

## **Yarlington**, Gloucestershire (v)

This soft and savoury washed-rind cheese is gently aged with Yarlington Mill cider. Its reddish rind brings deep, bold notes, giving way to a velvety, rich centre.

## **Isle of Mull Cheddar**, Scotland

Matured for up to 16 months, this classic Scottish Farmhouse Cheddar is rich and full-flavoured, made at Sgriob-Ruadh Farm where 100% sustainable energy powers the entire cheese-making process.

# UNION HAND-ROASTED

Double Espresso		3.50
Flat White, Cappuccino, Latte		3.95
Americano, Cortado		3.75
Liqueur Coffee		7.50
Hot Chocolate, Luxury Hot Chocolate		4.00   4.50

# TEA

Taylors Yorkshire Tea	3.50
Fresh Mint Tea	3.00
Twinings Tea	3.50
<i>Earl Grey, Green Tea, Peppermint, Camomile, Lemon &amp; Ginger</i>	

# Little Peaches

Welcome, little Peaches! Can't find what you love? We're happy to serve half portions from our main menu. Pick your favourite soft drink and enjoy Rubies in the Rubble ketchup, knowing it's free from any nasties!

## Starters

Garlic Bread <i>(v)</i>	4.95
Houmous & Crunchy Vegetables <i>(pb)</i>	5.50
Halloumi Fries & Rubies in the Rubble Ketchup <i>(v)</i>	6.50

## Mains

*Our chips are served unsalted, and all dishes are served with vegetables*

Sausages & Creamy Mash, Gravy	8.50
Fish & Chips, Peas or Beans	9.00
Aubrey Allen's Steak Burger, Cheddar Cheese, Fries & Crunchy Vegetables	8.75
Free-range Grilled Chicken, Fries & Peas	8.75
Mac & Cheese, Crunchy Vegetables <i>(v)</i>	8.00

## Puddings

Sticky Toffee Pudding, Vanilla Ice Cream <i>(v)</i>	5.00
Chocolate Brownie & Caramel Cookie Dough Ice Cream <i>(v)</i>	5.00
Jude's Ice Cream or Sorbet Scoop <i>(v)</i>	3.75
<i>Madagascan Vanilla, Strawberry, Chocolate or Caramel Cookie Dough Brownie Ice Cream, Raspberry or Lemon Sorbet</i>	

## Soft Drinks

Orange or Apple Juice	2.50
Cawston Juice Waters	2.00
<i>Apple &amp; Pear or Apple &amp; Summer Berries</i>	

*(v)* Vegetarian | *(pb)* Plant-based

Please note — some items may be cooked in multi-purpose fryers.

Allergens: If you'd like more information about a dish, please ask a member of our team. As our dishes are prepared in busy kitchens that handle all allergens, we cannot guarantee that any dish is completely free from allergens. A discretionary 10% service charge will be added to your bill.

# SUNDAY BEST WITH US

We take Sunday roasts seriously. Every week, you'll find at least three delicious options on the menu, each served with all the glorious trimmings you'd expect. It's a timeless favourite for good reason. Long may it reign.

## STARTERS

Garlic & Paprika King Prawns, Roasted Tomatoes, Sourdough	11.50
Today's Soup, Ciabatta – See Blackboard ( <i>pb</i> )	8.25
Braised Beef Cheek & Mustard Croquettes, Truffle Mayonnaise	9.50
Grilled Aubergine, Shitake XO Sauce, Tomato Concassé, Pickled Shallots & Peanuts ( <i>pb</i> )	8.75

## MAINS

14-hour Braised Beef & Ale Pie, Buttered Mash, Greens & Gravy	19.25
Sri Lankan Sweet Potato, Spinach & Chickpea Curry, Coconut Sambal, Basmati Rice & Chapati ( <i>pb</i> )	16.75
Battered Hake & Chips, Peas, Tartare Sauce	19.25
Aubrey Allen's 8oz Rump Cap, Chips & Watercress + <i>Béarnaise</i> ( <i>v</i> ) or <i>Peppercorn</i>	26.50 3.00
Artichokes, Charred Leeks & Quinoa Salad, Edamame, Pickled Mooli, Cashew & Herb Dressing ( <i>pb</i> ) + <i>Crispy Beef</i> 4.00 or <i>Halloumi Croutons</i> 3.75 ( <i>v</i> )	15.50

## SIDES

Chips or Fries ( <i>pb</i> )	5.50
Seasonal Greens, Garlic Butter ( <i>v</i> )	5.25
Mac & Cheese ( <i>v</i> ) + <i>Truffle</i> ( <i>v</i> ) 1.00	5.50
Onion Rings ( <i>pb</i> )	5.25

## PUDDINGS

Bramley Apple Crumble, Custard ( <i>v</i> )	8.25
Caramelised Banana & Salted Caramel Cheesecake, Toasted Walnuts ( <i>v</i> )	8.75
Chocolate Fondant, Cherry Compote & Chantilly Cream ( <i>v</i> )	9.50
Raspberry Trifle, Pedro Ximénez Sponge, Crumble ( <i>pb</i> )	8.50
Sticky Toffee Pudding & Vanilla Ice Cream ( <i>v</i> )	9.00
Mini Chocolate Brownie & your choice of Coffee or Tea ( <i>v</i> )	6.95
Jude's Ice Cream & Sorbet ( <i>v</i> ) <i>Choose Three: Madagascan Vanilla, Strawberry, Chocolate or Caramel Cookie Dough Brownie Ice Cream, Raspberry or Lemon Sorbet</i>	7.50

## NIBBLES

Warm Sourdough & Salted Butter ( <i>v</i> )	6.25
Halloumi Fries, Honey & Chilli Dip ( <i>v</i> )	8.00
Gochujang Chicken Wings, Spring Onion & Sesame Seeds	7.50
Tempura Courgette Fries, Truffle Cheese Dip ( <i>v</i> )	7.00
Whole Baked Camembert, Garlic & Thyme, Chutney, Warm Ciabatta ( <i>v</i> )	16.50

## ROASTS

*All served with Roast Potatoes, Seasonal Vegetables,  
Roasted Roots, Yorkshire Pudding & Jugs of Gravy.*

Aubrey Allen's Dry-aged Topside of Beef	23.50
Jimmy Butler's Free-range Pork & Crackling	22.25
Free-range Chicken Supreme	22.75
Vegetarian Wellington – Artichoke Heart, Spinach, Emmental & Pine Nuts ( <i>v</i> )	19.00

## MAKE THE MOST OF YOUR ROAST

To Share - Cauliflower Cheese ( <i>v</i> )	7.50
Free-range Pork & Sage Stuffing	5.50

## BRITISH CHEESE

*Served ripe & ready with Chutney, Apple & Peter's Yard Crackers*

Per Smidgen of Cheese	3.75
Baron Bigod ( <i>v</i> )	
Tor Goat's ( <i>v</i> )	
Yarlington ( <i>v</i> )	
Isle of Mull Cheddar	
Cornish Blue ( <i>v</i> )	

(*v*) Vegetarian | (*pb*) Plant-based | Gluten-free Menu Available | Please note — some items may be cooked in multi-purpose fryers.

Allergens: If you'd like more information about a dish, please ask a member of our team. As our dishes are prepared in busy kitchens that handle all allergens, we cannot guarantee that any dish is completely free from allergens. A discretionary 10% service charge will be added to your bill.

# SUNDAY BEST GLUTEN-FREE

We take Sunday roasts seriously. Every week, you'll find at least three delicious options on the menu, each served with all the glorious trimmings you'd expect. It's a timeless favourite for good reason. Long may it reign.

## NIBBLES

- Gochujang Chicken Wings, Spring Onion & Sesame Seeds 7.50  
Whole Baked Camembert, Garlic & Thyme, Chutney & Gluten-free Toast (v) 16.50

## STARTERS

- Garlic & Paprika King Prawns, Roasted Tomatoes, Gluten-free Toast 11.50  
Today's Soup, Gluten-free Toast – See Blackboard (pb) 7.75  
Grilled Aubergine, Shitake XO Sauce, Tomato Concassé, Pickled Shallots & Peanuts (pb) 8.50

## ROASTS

*Served with Roast Potatoes, Seasonal Vegetables, Roasted Roots & Jugs of Gravy.*

- Aubrey Allen's Dry-aged Topside of Beef 23.50  
Jimmy Butler's Free-range Pork & Crackling 22.25  
Free-range Chicken Supreme 22.75

## MAINS

- Cumberland Sausages & Buttered Mash, Onion Gravy 17.50  
Artichokes, Charred Leeks & Quinoa Salad, Edamame, Pickled Mooli, Cashew & Herb Dressing (pb) 15.50  
+ Goat's Cheese (v) 3.75  
Aubrey Allen's 8oz Rump, New Potatoes & Watercress 26.50  
+ Béarnaise (v) or Peppercorn Sauce 3.00

## SIDES

- Seasonal Greens, Garlic Butter (v) 5.25  
Buttered New Potatoes (v) 5.25

## PUDS & CHEESE

- Bramley Apple Crumble, Custard (v) 8.00  
Jude's Ice Cream & Sorbet (v) 7.50  
Choose Three: Madagascan Vanilla, Strawberry, Chocolate Ice Cream, Raspberry or Lemon Sorbet  
British Cheese – Served ripe & ready with Chutney, Apple & Gluten-free Toast  
Per Smidgen of Cheese 3.75  
Baron Bigod (v), Tor Goat's (v), Yarlington (v), Isle of Mull Cheddar, Cornish Blue (v)

(v) Vegetarian | (pb) Plant-based | Please note — some items may be cooked in multi-purpose fryers.

**Allergens:** If you'd like more information about a dish, please ask a member of our team. As our dishes are prepared in busy kitchens that handle all allergens, we cannot guarantee that any dish is completely free from allergens. A 25p contribution from the superfood salad goes to **The Bigger Peach**, supporting local community causes. A discretionary 10% service charge will be added to your bill.